

# Control Your Diabetes.



## It's more than food. It's life.

Some of the best 'medicine' for controlling your diabetes comes right from your own kitchen. Because food is the fuel that keeps everything working...the exercise you do, the medication you take, your blood sugar level—all are affected by how and what you eat. So don't give up your favorite foods. Just learn how much to eat, how often to eat, and how to prepare the foods you love to eat. For your free Recipe and Meal Planner Guide, call 1-877-232-3422 toll-free. **And control your diabetes. With food. For life.**



A joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

